



Division of
Mental Health
and Addictions.

"People helping
people help
themselves."

Logansport State Hospital

The Spectrum

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POLICY UPDATES!

The following LSH policies were updated in June (All Staff are to read all changed Policies):

- **LSH Policy A-38 Video Tape / DVD / Film Selection and Utilization for Patients** - The word "tapes" was changed to "videotapes/DVD". Minor language changes were made that do not change the intent of the policy.
- **LSH Policy A-44 Personal Possessions of Patients** - The SEB Representative was changed from Superintendent to Service Line Managers. An 'i.e.' statement was removed. Treatment plan verbiage was replaced with Interdisciplinary Plan of Care (IPOC).
- **LSH Policy A-60 Radio Use** - The title of the Safety/Security Director was corrected throughout the document. Reference to the Fire Department Officer in Charge was removed. The radio designation department name MIS was changed to IM
- **LSH Policy C-14 Ground Privileges** - Privileges determined by the Treatment Team no longer require Physician's order and approval. Information regarding Grounds Pass Badges was added. There were minor language and formatting corrections made. Reference to the Larson Manual was added.
- **LSH Policy C-39 Grieving/Trauma Response Team** - References to State Form 49330, now obsolete, was removed.
- **LSH Policy C-47 Treatment Planning** - Language requiring the IPOC Coordinator initiate a Master Treatment within 24 hours of admission and related requirements was added. There were minor language corrections made.
- **LSH Policy IM-7 Minimum Necessary** - Minor language changes were made that did not changed the overall intent.
- **LSH policy IM-11 Uses & Disclosures for Which an Authorization or Opportunity to Agree Or Object is not Required** -There were no changes made to this policy.

LSH Policies referenced can be found on the LSH intranet site in PolicyStat by following these steps:

- Go to LSH intranet home page
- Click on "Hospital Policies (PolicyStat)" button-top center of home page
- PolicyStat User Name is your state email address
- Once in PolicyStat, use the search bar to find policies by number, name or key word
To find FSSA, DMHA, and other SPH policies, click on "change location" in the blue bar at the top of the page.

Policies available on PolicyStat are the current and official policies.



SPECTRUM

Logansport State Hospital
1098 S. State Rd. 25
Logansport, Indiana 46947

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Chris Taylor	Comm. Services	ext. 3709
Brian Newell	Librarian	ext. 3712
Gregory Grostefon	Interim Superintendent .	ext. 3631

Bachelor of Science



Congratulations to Bobbi Jo Hershberger for receiving her Bachelor of Science in Business Management.

Bobbi has worked at Logansport State Hospital for 15 years where she started as a Psychiatric Attendant, moving up to a Psychiatric Attendant Supervisor and now is the Training Officer in Staff Development.

To anyone who knows Bobbi Jo, knows she is a devoted mother and wife and now shows she was also devoted to getting her degree. Congratulations Bobbi Jo, You Did It!

Bobbi Jo Hershberger
Bachelor of Science in Business Management
Western Governors University
COMP TIA Project+ Certification
July 2019 Graduate

System Administrator Appreciation Day

July 26th is designated as System Administrator Appreciation Day. The LSH Information Management Department duties are important and wide-ranging. The department is tasked with making sure our networks are secure, our digital information is safe, and our computers, printers, and other devices are up and running. In addition, the IM Department provides the knowledge and skills to install, support, and maintain the servers and other complex computer systems that the rest of us take pretty much for granted. I would like to take this opportunity to express my thanks to the LSH Information Management Department for their efforts. Your dedication is recognized throughout the facility.

With Thanks to LSH Information Management Department

- Joe McIntosh
- Stuart Rose
- Brian Shafer
- Stevon Williamson
- Cheryl Nance

Sincerely,
Greg Grostefon
Interim Superintendent

Special Thanks - Flowers

I'd like to send out a special thanks to the Morale Boosters and Helping Hands Committees for the monetary donation toward the purchase of flowers.

They look beautiful!

A special thank-you also goes to Jesse and Angela Zimmerman and Darrin Monroe for doing the actual planting.

Gregory Grostefon
Interim Superintendent
Logansport State Hospital



Gas Card Winner

Congratulations Nancy Vernon! Nancy won the \$50.00 gas Card in the Helping Hands Committee (HHC) 2nd Qtr. Drawing. Make sure to keep donating to be entered in the 3rd Qtr. Drawing on October 1st for \$50.00 gas card.

The \$50.00 has been generously donated and is not HHC funds!



American Legion Auxiliary Supports LSH Patients

The Indiana Department of the American Legion Auxiliary supports our patients who have served in the U.S. military.

Each month, Janice Mort, the Auxiliary's Logansport State Hospital Representative, delivers items to LSH that have been donated by Legion Auxiliaries all over Indiana.

We remain grateful for their support of our veteran patients, and salute the American Legion Auxiliary for their compassionate efforts.

Web Browsing Caution!

FYI – Please use caution with web browsing and emails. Just one errant click and bring this virus, and others like it, into the state data network.

Indiana county pays \$130,000 to get information back after cyber attack

LAPORTE COUNTY, Ind. – A cyber-attack forced LaPorte County government officials to pay a ransom to get their information back.

The “Ryuk” virus made its way into the county’s computer system through backup servers. The county paid a total ransom of \$130,000—most of which will be covered by insurance. Cyber-crimes experts say this is an example of a cyber-attack that could happen to anyone who simply clicks on the wrong thing.

“People are busy and people just click links and open attachments, and that’s all it takes,” said Kathy Guider, a former FBI special agent security consulting firm. “You are infected and then it quickly spreads to the entire system and your office, and quickly your system is locked or encrypted.”

Guider said it’s important to take a close look at any emails you receive, especially those with attachments.

“Think before you open that attachment. Who is this email from? Do you know them? And why would they be sending you something?” she said.

“The FBI and most federal law agencies are going to say, ‘Do not pay the ransom,’” Guider told FOX59. “Because they say that they’re going to unlock your data, but I think I read that 43% of the time, you don’t get your data back after you’ve paid.”

*Joe McIntosh, CIO/HISO
Information Management Director
Logansport State Hospital*



Wellness Wisdom from the Wellness Committee

FREE YOGA CLASS
July 16th 12pm and 4pm
LSH's Employee fitness room

The Wellness Committee hosted a free yoga class for all LSH employees on July 16th. Those classes were held in the LSH's fitness room at 12:00pm and at 4 pm. LSH employees were able to attend for free on their own time, while off the clock.

The yoga instructor was Ashley Scott. Ashley had a beginners class for 45 minutes and catered to all body types and levels.

This was brought to you by the
~The Wellness Committee~



Be Like Julie

THIS IS JULIE.
JULIE KNOWS GIVING BLOOD SAVES LIVES.
JULIE RECRUITED HER FRIEND TO GIVE BLOOD.
BE LIKE JULIE!

Our next blood drive is Oct 10th.
Bring a friend! At our last blood drive on July 10, we collected 23 units of blood, lets see if we can beat that number!



Photo provided

Pictured L-R: Deana Daugherty and Juliana Utter

Getting to the Heart of the Matter -

the one option left if you still haven't started your premium discount incentive

The good news is you can earn a premium discount on a 2020 State Personnel health plan AND there are four ways to do it.

The bad news is if you haven't started on one of them yet, you're down to one last way to save your take-home pay - Digital Coaching.

But don't lose heart! In fact, start collecting them through ActiveHealth digital coaching. Complete health education modules and set health goals. You earn hearts with each completed activity, which increases your ActiveHealth level. Reach Level 5, which is 9,000 hearts, by September 30. There are limits to how many hearts you can earn in a day, so get started right away!



Reach Level 5 (9,000 hearts) in digital coaching by Sept. 30, 2019.

To get started

Log in to ActiveHealth, www.myactivehealth.com/StateofIndiana, or download the ActiveHealth app.

Already started? Keep going!

In addition to the digital coaching level 5 option, you can unlock your 2020 premium discount by continuing a physical activity option, or health coaching. (Note: You must have started work on the physical activity options in April and the health coaching option by July 1 to complete the requirements by the Sept. 30 deadline.)



Complete four **health coaching sessions** (in person or by phone).



Set up a tracking device and **meet daily activity goals for two quarters.**



Set up a tracking device and **meet daily steps goals for two quarters.**

Find out more about your benefits

Visit InvestInYourHealthIndiana.com

Call the Indiana State Personnel Department's Benefits Hotline: (877) 248-0007 (toll-free)

Email SPDBenefits@spd.in.gov

Log in to your account

www.myactivehealth.com/stateofindiana

Download the ActiveHealth app



Invest In Your Health

ActiveHealth
MANAGEMENT.

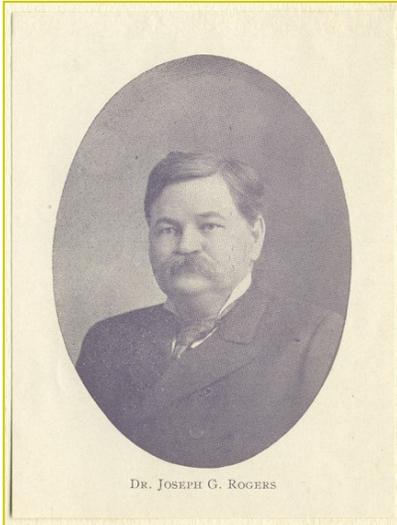


The Wellness Committee consists of:

Diana Anderson, Vicki Campbell, Mary Clem, Theresa Dexter, Becky Dowden, Maureen Guimont, Kris Keeler, Marcy LaCosse, Darrin Monroe, Kathy Pattee, Julie Stapleton, Lucia Ward, Marcia Woolley, and Deb Yerk.

Longcliff Museum - What's New?

Our First Superintendent



Our first superintendent, Dr. Joseph G. Rogers, set a course that has sustained our hospital since 1888.

Did you know?

He personally drafted the farm and garden plans for each year. ⁱ

He made a personal loan from the State National Bank of Logansport for \$2,745.80 so the employees could receive their August pay in 1889, when faced with bankruptcy, until the General Assembly passed needed funds. He then returned \$5.73 to the State at the end of that fiscal year. ⁱⁱⁱ

He cared about details, even the design of doorknobs. ⁱⁱⁱ

“The vocation of the psychiatric attendant is most honorable; who fills it patiently, kindly, and with judicious tact, deserves all praise and good pay.” ^{iv}

—Dr. Joseph G. Rogers, Superintendent Northern Indiana Hospital for the Insane (1888-1908). ^v

materia medica and therapeutics of the Medical College of Indiana and was a frequent contributor to medical literature.

In the substantial architecture and durable and sanitary construction of Longcliff Hospital the handiwork of Dr. Rogers will endure for years to come as a monument to his genius and his faithfulness to duty. Likewise as authority on public charitable and correctional endeavor he was acknowledged as the foremost in the State and many of the acts that put our benevolent institutions on the high plain of efficiency they now occupy were placed in our statutes through his counsel and advice. Being a gifted mechanic and architect, as well as distinguished physician, the plans of the buildings, the arrangement of the appurtenances thereto, the beauty of the grounds, and the system of management of the institution are all largely creations of Dr. Rogers' marvelous mind and he was as greatly concerned in every detail of Longcliff as though it were his to have and to hold forever.

Memorial to Dr. Joseph G. Rogers By the Board of Trustees of Northern Indiana Hospital for the Insane. (May 12, 1908)

ⁱ Longcliff Museum has Dr. Joseph G. Rogers' signed, hand-drafted garden plans.

ⁱⁱⁱIndiana Historical Bureau. (June 1963) A Brief History of Logansport State Hospital. *Indiana History Bulletin* 40(6), 87-91.

It is said of him that he not only had in his mind an outline of the characteristics and troubles of the thousand patients in the institution, but he knew most of them personally and could tell their friends their condition at any time with scarcely a reference to his records or his assistant physicians. Also he was in intelligent touch, always, with details of all proceedings in routine and specific endeavor about the place and his familiarity with everything from the simplest condition on the farm to the scientific direction of medical skill was an accomplishment that men of all stations in life looked upon with awe and admiration. Dr. Rogers was characteristically a profound student and in literary and legal lore and in music he was a sunburst of intellectuality that shone with distinguished splendor in any assembly of culture.

And above all, his devotion to his home and his parental concern for his family, together with his tireless energy in the discharge of every duty devolving upon him as a leader of righteous citizenship, made for him a name that is a credit to the high estate of a father and an honor to Indiana manhood.

ⁱⁱⁱ Putney, Sarah Browning. (2014) *A Bioethical Inquiry into the Moral Treatment Movement*, pp. 78-79. Permanent URL: <https://etd.library.emory.edu/concern/etds/3484zh57t?locale=en>

^{iv} *Report of the Trustees and Medical Superintendent of the Northern Indiana Hospital for Insane* (October 31, 1890), p. 24.

^v Longcliff Museum has Dr. Joseph G. Rogers' signed, hand-drafted garden plans.



Come visit the Longcliff Museum and see the History of Logansport State Hospital!

The Museum is ran by volunteers that are past and present staff at Logansport State Hospital.

If you'd like to visit us please call Brian Newell at 574-737-3712, Mike Busch at 574-737-3612, or Darrin Monroe at 574-737-3803.

Hope to see you soon.

Museum Committee Members: L-R, Back row: Marcia Smith, Jonah Martin, Lucas Knutson, Mike Busch, and Brian Newell. Front row: Jim Foster, Nancy Vernon, Marge Foster, Darrin Monroe, Jacque Philips, and Jim Kelly. Members not pictured: Cathy Hickey, Paula Johnson, Rena Magers and Greg Grostefon.

National Hot Dog Day!

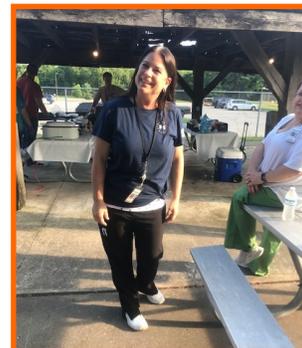


The Morale Booster Committee gives back during National Hot Dog Day!

Each staff member, "all three shifts", were given the opportunity to enjoy two grilled hot dogs with Dog n Suds sauce and a bottle of water; cooked and prepared by the Morale Booster Committee as a give-back to all the LSH employees as a Morale Booster and in honor of National Hot Dog Day!

Thank you to all the staff who always contributes throughout the year to make events like this for you and your coworkers possible. Let us know what we can do next to boost your Morale!

We exist because of you!





**G
O
T
C
H
A**

Sneaky Snaps!



**G
O
T
C
H
A**



Photo provided

Some of the Helping Hands Committee members caught donning their hairnets, gloves, and smiles as they get ready to serve staff some nachos and sloppy joe's. Proceeds from the event go towards lunch assistance that is split between area schools.

Lookout for Darrin and his camera,
you could be next!

Culinary Corner

Shrimp Cobb Salad with Bacon Dressing Recipe

Delicious and satisfying, this colorful twist on the Cobb salad hits all the right notes for being fresh, nutritious, and indulgent. A Cobb salad isn't complete without bacon, but in this recipe, we went a step further and added extra bacon (and drippings) to the bright and tangy vinaigrette. A good choice for a party menu, many of the components can be prepped up to a day ahead, such as the hard-boiled eggs and the poached or steamed shrimp. You can easily build your own Cobb salad by substituting diced chicken or ham for shrimp and trying crumbled feta instead of blue cheese.



Ingredients

- 4 thick-cut bacon slices
- 1 head romaine lettuce (about 14 oz.), chopped
- 2 hard-cooked eggs, peeled and cut into wedges
- 3/4 pound poached or steamed large peeled and deveined shrimp
- 1 cup halved cherry tomatoes (from 1 pt. tomatoes)
- 1/2 cup chopped red onion (from 1 onion)
- 1 ripe avocado, chopped
- 4 ounces blue cheese, crumbled (about 1 cup)
- 1 garlic clove, crushed
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon granulated sugar
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar

How to Make It

Step 1

Cook bacon in a skillet over medium, turning occasionally, until crisp, about 10 minutes. Transfer bacon to a plate lined with paper towels, reserving drippings in skillet. Set bacon aside. Pour drippings into a small bowl; set aside to cool slightly.

Step 2

Reserve 1 bacon slice. Roughly chop remaining 3 bacon slices, and arrange on a large platter with lettuce, eggs, shrimp, tomatoes, onion, avocado, and cheese.

Step 3

Crumble reserved bacon slice into a food processor. Add garlic, salt, pepper, and sugar; pulse until finely chopped, about five times. Add reserved drippings, olive oil, and vinegar; process until blended. Drizzle over salad; serve immediately.

By **EMILY NABORS HALL**
WWW.SouthernLiving.com

Who Am I?

Can you guess who's giving the thumbs up in the picture below is? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by July 19, 2019.

Employees with correct answers will have their names put into a drawing, sponsored by the Morale Booster Committee, for a chance to win a free, five dollar Mr. Happy Burger gift certificate.

*Winner
Will Be
Announced
In The
Next
Spectrum.*



Circled: Jerilyn Smith

Congratulations to Cindy Bruce for guessing Jerilyn Smith pictured in the last Who Am I.

If you have a picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.